

**PENGARUH PENAMBAHAN EKSTRAK JAHE
(*Zingiber officinale*, R.) TERHADAP MUTU DODOL
BENGKUANG (*Pachyrrizus erosus*, L.)**

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ABSTRAK

Tujuan dari penelitian ini adalah untuk mengetahui pengaruh penambahan ekstrak jahe terhadap mutu dodol bengkuang dan mengetahui formula penambahan ekstrak jahe yang disukai panelis dilihat dari uji organoleptik. Penelitian ini menggunakan rancangan acak lengkap dengan 5 perlakuan dan 3 kali ulangan dengan formula penambahan ekstrak jahe yang berbeda pada setiap perlakuan yaitu perlakuan A (tanpa penambahan ekstrak jahe), perlakuan B (penambahan ekstrak jahe 5%), perlakuan C (penambahan ekstrak jahe 10%), perlakuan D (penambahan ekstrak jahe 15%) dan perlakuan E (penambahan ekstrak jahe 20%). Pengamatan yang dilakukan terhadap dodol bengkuang adalah uji kadar air, uji kadar abu, uji kadar protein, uji kadar lemak, uji kadar gula total, angka lempeng total, uji aktivitas antioksidan, uji kualitatif senyawa gingerol, dan uji hedonik. Hasil penelitian menunjukkan bahwa penambahan ekstrak jahe berpengaruh nyata terhadap kadar air, kadar abu, antioksidan dan tidak berpengaruh nyata terhadap kadar lemak dan kadar protein. analisa kualitatif senyawa gingerol positif terdeteksi pada perlakuan yang ditambahkan ekstrak jahe yaitu perlakuan B, C, D, dan E. Hasil uji organoleptik menunjukkan produk dodol bengkuang dengan penambahan ekstrak jahe yang paling disukai adalah produk C (penambahan ekstrak jahe 10%) dengan nilai kesukaan terhadap warna 3.86, aroma 3.86, rasa 3.70, dan tekstur 3.96 dalam skala penilaian 5. Produk C (penambahan ekstrak jahe 10%) merupakan produk terbaik dengan nilai kadar air 14.77%, kadar abu 0.31%, kadar lemak 7.31%, kadar protein 3.93%, kadar gula total 29.45%, antioksidan 37.21% dan angka lempeng total 3.7×10^2 koloni/g.

Keyword: jahe, ekstrak jahe, dodol, bengkuang, gingerol



ABSTRACT

The goal of this research is to know the effect of ginger extract (*Zingiber officinale*, R.) on the quality dodol bengkuang (*Pachyrrhizus erosus*, L.) and to know the formulate of ginger extract which wanted by panelist from sensory evaluation. This research uses random samples in 5 five times activities and three times redone with different ginger extract for each treatment, namely: treatment A (without ginger extract), treatment B (uses 5 % ginger extract), treatment C (uses 10 % ginger extract), treatment D (uses 15 % ginger extract), treatment E (uses 20 % Ginger extract).The observation has been done to dodol bengkuang are the test of water content, the test of mineral content, the test of protein content, the test of fatty content, the test of total sugar content, total straight number, the test of antioxidants, the test of qualitative gingerol compound, and the test of hedonic. The result of the research showed that ginger extract has the real influence to water content, mineral content, antioxidants, and there was no the real effect to fatty content, protein content. Analizing of qualitative gingerol compound detected in the treatment that added by ginger extract namely in treatment B, C, D, and E. The result of the test of sensory evaluation showed that product of dodol bengkuang used ginger extract which the most wanted by the panelist is the treatment C (uses 10 % ginger extract), in the colour value 3.86, in flavor 3.86, the test 3.70 and tekstur 3.96 in value scale 5. Product C (uses 10 % ginger extract), is the best product with water content 14.77%, mineral content 0,31%, fatty content 7.31%, proteint content 3.93%, total sugar content 29.45%, antioxidants 37.21% and total straight number 3.7×10 koloni/g.

Key word: ginger, ginger extract, dodol, bengkuang , gingerol

